The Pagan Library

Goodies From Witches - Apples

Anon

The nights have become chilly, even though the days are warm and sunny. The clean air and bright blue sky hint that fall is here. A few golden early warning leaves have drifted down onto my lawn. It's September and the beginning of Apple time.

" An apple a day keeps the doctor away, " you say ? Did you know that people who work in cider, vinegar and applesauce plants often suffer fewer colds and other respiratory ailments than the rest of us? Or that if apples and applejuice are substituted for citrus in the diet, arthritic conditions are improved ?

A little apple juice boiled with cinnamon helps settle an upset stomach. As early as the 13th Century, baked apples served with a few caraway seeds were recommended for post dinner digestive. The tradition of serving applesauce with pork and goose stems from the fact that the acids in the apple help the digestion of other foods.

Indeed, the unsweetened juice of the apple can help reduce acidity of the stomach. Raw sour apples are stewed apples help cure even severe cases of constipation. Hot apple juice with or without honey helps sooth sire throats.

But apples are cultivated not only for their medicinal properties and culinary uses, they can also have a very important place in myth and legend.

Apple is one of the Celtic holy trees, one of the woods from which magic rune staves could be carved, and from which the Druids gathered their secret mistletoe symbol of healing and fertility.

Avalon, the island to which the dying King Arthur was taken, was called " The Isle Of Apples "; it was thought to be the Garden of Hesperides, where Jason and the Argonauts came to find the golden apples of immortality.

The much maligned apple of the Garden of Eden was probably a pomegranate. Other, familiar legends have evil witches and sorcerers poisoning or turning apples into love charms to surprise the unwary.

At one time, I actually came across an old spell for making a love apple:

Take a 2 colored apple. Breathe on the green part and rub the red part with red flannel. Then say, " Fire sweet and fire red, warm the heart and turn the head. " Kiss the red part and give it to your intended. When it's eaten he/she is yours !! Enough tales. Let's take our apples to the kitchen.

Witches Apple Pudding:

Dough:

- **2 cups flour**
- **4 Tsp. baking powder**
- **3/4 cup milk**
- **1/2 Tsp. salt**
- **1/3 cup shortening**
- **1 egg**

Combine the above ingredients as you would for biscuits and set aside for later.

Fillings:

- **6 apples sliced**
- **1 Tsp. cinnamon**
- **3 Tsp. sugar or honey**
- **1 Tsp. nutmeg**

Combine in baking dish.

Syrup:

- 1 cup water
- 1 Tsp. butter
- 1 cup sugar or 1/2 cup sugar and 1/2 cup honey.

Bring syrup to a boil. Drop the biscuit mixture on top of the fruit. Pour hot syrup over all and bake at 375 degrees for about 40 minutes. Serve warm. Vanilla ice cream makes a lovely addition.

Apple and Raisin Oatmeal cookies

- 1 cup sugar or 1/2 honey & sugar
- 1 cup of milk
- 1 cup of butter
- 2 eggs
- 1 scant Tsp. soda
- 2 cups flour
- 1 Tsp. cinnamon
- 2 cups old fashioned oatmeal
- 1 large diced apple { Leave skin on }

Cream sugar, butter and eggs. Add milk. Add dry ingredients. Mix well and stir in apple. Drop onto cookie sheet and bake at 350-375 degrees. This makes a large, soft cookie.

For the lazy or calorie minded, try microwaving an apple after you've cored it. Sprinkle on a little cinnamon and ground cloves, add a few drops of maple syrup, some sunflower seeds or chopped nuts. Put it in the microwave for 5 minutes and behold !
{ A magickal desert. }

I could ramble on and on about the wonder of apples, but then I'd never get a chance to eat any ! For those who are truly addicted to this Fruit of the Gods, look for the Apple Kitchen Cookbook by: Demetria Taylor.

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